

CONDITIONING AND TEST SAFETY

1. Risk of Injury. Participation in physical activity, even those related to improving health status, pose a risk of injury. The environment and the characteristics of the participants also contribute to the overall injury risk. Members must be informed of these risks and taught how to minimize the possibility of injury.

2. Responsibilities

a. COs shall ensure proper safety precautions, outlined in this enclosure, are followed during PFA, FEP, and any command physical activities.

b. CFL shall follow all safety precautions outlined in this enclosure, and develop a safety plan for summoning emergency medical assistance. CFL shall also coordinate activities with safety officer, MWR, and medical representatives.

c. Commands shall

(1) Ensure member's level of physical fitness including acclimatization to environment is appropriate for the physical demands required of PT, PRT, and other physical activities.

(2) Prohibit participation in PT, PRT, or other physical activity of members who do not participate in a physical conditioning program that requires members to consistently achieve exercise intensity comparable to the physical demand required of PT, PRT, and other physical activities.

3. Safety Concerns Prior to Conducting PRT

a. Operational Risk Management (ORM)

(1) An ORM analysis shall be completed at least 24 hours prior to PRT. The ORM process should use the "what if" tool and must include all aspects of the scheduled PRT, from individual's medical or physical condition, current medications, etc., to terrain, weather, back-up emergency communications, etc.

(2) Steps shall be taken to ensure all known risks are eliminated to the maximum extent possible. Controls shall be

put in place to reduce, to an acceptable level, any risks still existing. It is recommended that the ORM process be documented, and that the appropriate level of authority within the chain of command be given the opportunity to make risk decisions.

(3) Steps should be taken to ensure a "change analysis" is conducted anytime there is a significant change in any portion of the PRT. Guidelines on conducting a successful ORM analysis may be found in reference (h) and COMNAVSAFECEN web page: <http://www.safetycenter.navy.mil>.

b. Additional guidelines for safe conduct of PRT and physical exercise may be found at the following web site: <http://www.mwr.navy.mil>.

c. Members must have a current, documented physical examination, PHA, and clearance by medical department in order to participate in PRT, FEP, or command-supervised physical training.

d. BCA

(1) Shall normally be completed within 10 days of, but absolutely not less than 24 hours prior to member's participation in PRT.

(2) Members who fail BCA for first time in career shall be referred to medical department prior to participating in PRT, FEP, and physical training.

e. Support Personnel

(1) CPR Monitors. At least one CPR-certified monitor shall be present for every 25 members participating in PRT, with a minimum of two monitors for every test. Monitors do not have to be Hospital Corpsmen; they shall not be test participants.

(2) Medical Emergency Assistance. A safety plan shall be in place for summoning emergency assistance. Consult local medical facility for guidance. At a minimum, the plan shall include telephone numbers and procedures for summoning aid, clear directions for emergency response personnel that will avoid confusion and ensure their prompt arrival, and guidance

for contacting base security personnel to assist with rapid access of emergency personnel to test site.

f Test Site Selection/Certification

(1) Select the most level 1.5-mile course available. Course should be free of steep inclines and declines, surface irregularities, and sharp turns.

(2) Verify or measure course distance with measuring wheel (usually available from recreation services). A bike odometer may only be used if measuring wheel is not available. Do not use automobile or motorcycle odometers.

(3) CPR-certified personnel shall be placed at appropriate intervals so entire course is in view of monitors.

(4) Test site must be accessible to emergency vehicles and must be near telephone to facilitate notification of emergency services if needed. Cellular phones, walkie-talkies, etc. are acceptable.

g. Pool Safety. When swim is conducted for the PRT, at least one certified lifeguard must be present.

4. Safety Concerns During PRT

a. Weather Conditions. PRT shall not be conducted under harsh environmental conditions. Specifically, PRT should not be conducted outdoors when wind chill is 20 degrees F or lower, or when hot weather "black flag" conditions exist (wet bulb globe temperature (WBGT) of 90 degrees or higher). Guidance for conducting physical activity (PRT, FEP, and physical training) under various environmental conditions is available in reference (i).

b. Health Questions. Immediately prior to participating in PRT or physical conditioning, members shall be asked about general health. Members recovering from recent illness or reporting a change in health or risk factors (specifically, a tightness or discomfort in the chest, arms, or neck associated with activity or exercise) shall not be tested. Members reporting a change in risk factors shall report to medical for evaluation.

c. CFLs. CFLs shall review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) and direct members to withdraw from PRT if symptoms occur. Immediately contact medical department regarding these individuals. Members shall be tested later after medical clearance.

d. Conducting at higher elevation. Commands shall institute all appropriate safety measures to minimize risk of injury to personnel exercising at increased elevation. Appropriate safety measures shall include, but are not limited to: avoiding or minimizing use of alcohol and other diuretics; ensuring adequate amounts of drinking water are readily available; ensuring all personnel are well hydrated prior to physical exercise; increasing monitoring of personnel, particularly those testing positive for sickle cell trait; and increasing availability of medical support.

e. Warm Up. Participation in 5-10 minutes of warm-up exercise is required before beginning the PRT events. Refer to enclosure (5) for recommended exercises.

f. Clothing. Proper attire for PRT should include running shoes and clothing that is appropriate for weather conditions. Combat type boots and rubberized suits are NOT appropriate and may put member at risk for injury.

g. Hydration. Adequate fluid intake is vital to safe participation in PRT and physical exercise. Members are encouraged to drink water before and after PRT and physical activity, especially in hot weather.

h. Smoking/Tobacco Use. PRT shall be conducted in a smoke-free environment; PRT participants and monitors shall not smoke or use tobacco products during entire PRT testing period. To reduce health risks to participants, smoking and use of all tobacco products should be discouraged at least 30 minutes before and at least 15 minutes after PRT.

i. Cool-Down. At end of PRT, members should let heart rate decline gradually. This is best accomplished by walking slowly, if completing the run portion of PRT. If swimming, member should walk back and forth across shallow end of pool. Cool-down should last at least 5 minutes. Without cool-down, member may become dizzy or light-headed.

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j. Injury Reporting. When members are injured during PRT or any other command-authorized or personal physical training, command safety officers shall report injuries to COMNAVSAFECEN, using guidance contained in chapter 14 of reference (j). Include as information addressees BUMED (MED-02), NAVPERSCOM (PERS-651F), and Naval Health Research Center (NHRC).